

**Return to the school office by Tuesday, October 30<sup>th</sup>**

**PLEASE fill out a separate meal calendar for each child in your family**

**November Student Meal Calendar**

Student Name \_\_\_\_\_ Grade \_\_\_\_\_

**Place an "X" in the box of the dates your child will eat hot lunch.**

Full price lunch is \$3.25 Reduce price lunch is \$0.40 for those who qualify

**Please include payment with your hot lunch calendar.**

Saint Lucas Lutheran School participates in the National School Lunch Program offering free and reduced price lunch to those families who qualify.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
			Nov. 1	Nov. 2
Nov. 5	Nov. 6	Nov. 7	Nov. 8	Nov. 9
Nov. 12	Nov. 13	Nov. 14	Nov. 15	Nov. 16
Nov. 19	Nov. 20	Nov. 21	Nov. 22	Nov. 23
		<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>
Nov. 26	Nov. 27	Nov. 28	Nov. 29	Nov. 30

Please keep careful track of your child's lunch plan, pay for the lunches in advance, and don't get behind. However, notice shall be given to parents by the office regarding a child's lunch account status if somehow the child is behind. Students are given three meals past due to remit payment for hot lunches. Food service would provide a regular meal during this time. On the fourth day past expiration, food service will provide only a sandwich and milk to the student. On day five and beyond, food service is not required to serve the student. This institution is an equal opportunity provider.

Saint Lucas Lutheran School



**MCFI**

**K-8 Hot Lunch Menu**



MCFI NUTRITION SERVICES

**November  
2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MILK FOR SCHOOL:</b> LOW FAT WHITE SKIM CHOCOLATE</p> <p>MENU SUBJECT TO CHANGE</p>			<p><b>1</b> <b>Asian-Glazed Boneless Chicken Wings with Romaine Salad and Ranch Dressing</b> Pretzel Goldfish Seasonal Lunch Fruit Choice of Milk</p>	<p><b>2</b> Chicken Breast Fillet with BBQ Assorted Graham Cracker Steamed Green Beans Seasonal Lunch Fruit Choice of Milk</p>
<p><b>5</b> Asian Chicken Whole Grain Brown Rice Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk</p>	<p><b>6</b> Shredded BBQ Turkey Sandwich on a Whole Grain Bun Baked Beans Seasonal Lunch Fruit Choice of Milk</p>	<p><b>7</b> Cheeseburger on a Whole Grain Bun with Ketchup Roasted Cinnamon Sweet Potatoes Seasonal Lunch Fruit Choice of Milk</p>	<p><b>8</b> <b>Whole Grain Chicken Nuggets with BBQ Sauce and Assorted Graham Cracker</b> Steamed Corn Seasonal Lunch Fruit Choice of Milk</p>	<p><b>9</b> Meatball Sub with Mozzarella Cheese on a Whole Grain Bun Crunchy Broccoli with Ranch Seasonal Lunch Fruit Choice of Milk</p>
<p><b>12</b> NEW! All Natural Whole Grain Corn Dog with Ketchup Cheddar Goldfish Cracker Steamed Carrots Seasonal Lunch Fruit Choice of Milk</p>	<p><b>13</b> Philly Cheesesteak Sandwich on a Whole Grain Bun with Mozzarella Cheese Steamed Corn Seasonal Lunch Fruit Choice of Milk</p>	<p><b>14</b> Domino's WG Cheese Pizza Romaine Salad and Ranch Dressing Seasonal Lunch Fruit Choice of Milk</p>	<p><b>15</b> <b>Celebrate!</b> <b>1<sup>st</sup> ANNUAL WT CHILI LUNCH</b>  Homemade Chili with Cheese Whole Grain Cornbread Whole Grain Pasta Seasonal Lunch Fruit Choice of Milk</p>	<p><b>16</b> Chicken Fajitas on Whole Grain Tortillas Taco Sauce Fiesta Beans Seasonal Lunch Fruit Choice of Milk</p>
<p><b>19</b> Roasted Turkey with Gravy Whole Grain Biscuit Mashed Potatoes Steamed Green Beans Fresh Apple Choice of Milk</p>	<p><b>20</b> Beef and Cheese Burrito Taco Sauce Crunchy Broccoli with Ranch Seasonal Lunch Fruit Choice of Milk</p>	<p><b>NO SCHOOL</b></p>		<p><b>22</b> <b>THANKSGIVING BREAK</b></p>
<p><b>26</b> Asian Chicken Whole Grain Brown Rice Assorted Graham Cracker Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk</p>	<p><b>27</b> Whole Grain Cheese Ravioli with Mozzarella Cheese Whole Grain Breadstick Assorted Graham Cracker Romaine Salad with Ranch Seasonal Lunch Fruit Choice of Milk</p>	<p><b>28</b> <b>Celebrate!</b> <b>NATIONAL FRENCH TOAST DAY!</b>  Brunch for Lunch Whole Grain French Toast Sticks (3) with Syrup Breakfast Chicken Sausage (1) Yogurt Cup Sunset Sip Juice Seasonal Lunch Fruit Choice of Milk</p>	<p><b>29</b> <b>WG Cheese Calzone with Marinara Dipping Sauce</b> Steamed Corn Seasonal Lunch Fruit Choice of Milk</p>	<p><b>30</b> Sloppy Joe on a Whole Grain Bun Baked Beans Seasonal Lunch Fruit Choice of Milk</p>